

East Windsor Senior Center Events and Activities

NOVEMBER 2015

SENIOR SERVICES (860) 292-8262 TRANSPORTATION PROGRAM (860) 292-8261 NUTRITION PROGRAM ON-SITE CAFÉ (860) 292-8279

NUTRITION PROGRAM MEALS - ON- WHEELS (860) 292-8279 WEBSITE: www.eastwindsorct.com

MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6
Shopping - Big Y or Walmart 9:00 - 11:00	Game Day 10:00 - 11:30	Shopping at Geisslers 9:00	Blood Pressure & Sugar Screening 10:00-12:30	Way to Go CT! Presentation 12:30-2:00
Fitness 10:30-11:30 \$\$\$		Wii Zumba with Melissa 12:30	Jewelry Making w/Janice 10:30 - 11:30 \$\$\$	Mobile Foodshare St. Catherine's Church 1:45 - 2:30
Art Class 12:30 Wii Bowling 12:30	Chair Yoga 12:30 \$\$\$	WHPT Library 1:00 - 2:00	Senior Club Meeting 1:00 - 3:00	
9	10	11	12	13
Shopping - Big Y or Walmart 9:00 - 11:00	1:1 Law Sessions 12:30	Senior Center Closed	Medicare Bus 9:00-12:00 (Appointments Needed)	Movie and a Muffin 10:00-12:00 "Age of Adaline"
Fitness 10:30-11:30 \$\$\$	Log Cabin 10:45-4:00		In-House Bingo 12:30 - 2:00 \$\$\$	Presentation: Maximizing Your Social Security 12:30-1:30
Art Class 12:30	Chair Yoga 12:30 \$\$\$			
Wii Bowling 12:30	Staff Meeting 2:00-3:00			
16	17	18	19	
Shopping - Big Y or Walmart 9:00 - 11:00	Foot Care Services 9:00-1:00 \$\$\$	Shopping at Geisslers 9:00	November Birthday Social Talent Show! 12:00	Lunch at Salem Cross Inn 10:30-2:30 \$\$\$
Fitness 10:30-11:30 \$\$\$	Focus Group & Tea Time 10:00 - 11:00	Crafts with Melissa 10:30		NYC Trip (Tours of Distinction)
Art Class 12:30	Food for Thought 11:00 - 11:30	Wii Zumba with Melissa 12:30		Mobile Foodshare St. Catherine's Church 1:45 - 2:30
Wii Bowling 12:30	Chair Yoga 12:30 \$\$\$	Set up for Monthly Social		
23	24	25	26	27
Shopping - Big Y or Walmart 9-11 Book Club "A Sudden Light" by Garth Stein 10:30		Shopping at Geisslers 9:00	Senior Center Closed Thanksgiving Day	Black Friday Senior Center Closed
Fitness 10:30-11:30 \$\$\$				
Round Table with Denise Chief of Police 12:30-1:30	Chair Yoga 12:30 \$\$\$	Wii Zumba with Melissa 12:30		
Art Class 12:30				
Wii Bowling 12:30				
30				
Shopping - Big Y or Walmart 9:00 - 11:00				
Fitness 10:30-11:30 \$\$\$				
Art Class 12:30				
Wii Bowling 12:30				

10/14/15 ST

In the event of inclement weather, we follow the same schedule as the East Windsor School System. Please tune in to Channel 3 - WFSB and/or Channel 30 - WNBC for school closings. When the school system has a delayed opening due to inclement weather, the Transportation Program will also have a delayed start time. When the East Windsor School system closes early due to unfavorable road conditions, it may be necessary to close the senior center early.

THE CENTER IS OPEN

MONDAY THRU FRIDAY

8:00 A.M. - 3:00 P.M.